









## STATE TOURNAMENT

A ticket stub can be used for one school day absence

### Travel by private vehicle to tournament:

- Can use Thursday night ticket to be excused for Thursday school day if leaving school before 2:00
- OR
- If leaving after 2:00 from school on Thursday you can use Thursday night ticket to be excused for Friday since arrival back to county will be so late.
- Friday
  - If the team wins Thursday and you return or stay in Charleston, Friday's ticket stub can be turned in Monday morning to excuse Friday.

### Travel to tournament by spirit bus:

- Thursday leave at 2:00
  - Team wins
    - Return to school on Friday morning regular time catch spirit bus back to Charleston.
- OR
- Do not return to Charleston on Friday by Spirit bus, use ticket from Thursday night to be excused for Friday since bus arrives back in county so late .
- Team does not win
  - Can come to school regular time
- OR
- Use Thursday night ticket to be excused for Friday since bus arrives back in county so late .
- Friday leave at 1:00
  - No ticket stub required office will have list.





American  
Red Cross

ANNA  
blood donor



HOPE begins with you.

# Blood Drive Pocahontas County High School Auditorium

★ Please  
sign-up!!  
Mrs. Wilfong to  
see

**Tuesday, March 17  
8:30 AM to 2:30 PM**

For an appointment, please visit [redcrossblood.org](http://redcrossblood.org)  
Or call 1-800-RED CROSS (1-800-733-2767)

[redcrossblood.org](http://redcrossblood.org) | 1-800-RED CROSS | Download the Blood Donor App

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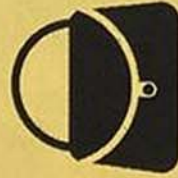




## CHARLESTON CIVIC CENTER PROHIBITED ITEMS POLICY

The Charleston Civic Center's prohibited items policy is in effect for all high school athletic ticketed events in an effort to speed up entry and enhance security measures. All visitors to the Charleston Civic Center are subject to magnetometer screening and all bags will be subject to search.

## APPROVED ITEMS



SMALL PURSE  
OR CLUTCH



CELL PHONE



DIAPER BAG



NON-PROFESSIONAL  
CAMERA

## NON-APPROVED ITEMS



LARGE PURSE  
OR BAG



TOTE BAG



BACKPACK  
OF ANY KIND



OUTSIDE FOOD  
OR DRINK



KNITTING  
NEEDLES OR  
CROCHET HOOK



GUNS OR  
WEAPONS OF  
ANY KIND



POCKET  
KNIFE



KNIVES OF  
ANY KIND



SELFIE  
STICKS



CAMERA  
CASES OR  
BAGS

**ALL ITEMS ARE  
SUBJECT TO SEARCH**

All prohibited items will be denied at the gate. Confiscated items will NOT be returned. Items may not be stored at the venue. The Charleston Civic Center is NOT responsible for lost or stolen items.













## Upcoming Matches

Blue Alliance

9888A

9888B

51907A

27183R

Blue Alliance

51401G

8768A

9451B

99075A

Field & Time

Field 1

0:15

About To Start

Field 2

11:14 AM

Field 3

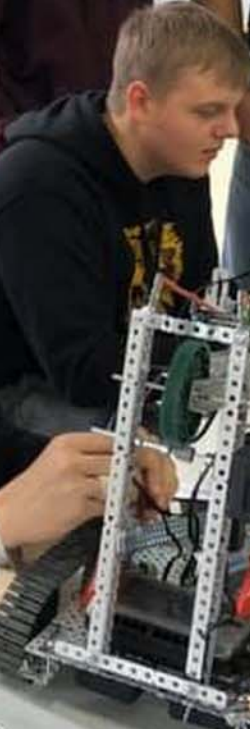
7 AM

VEX  
ROBOTICS  
COMPETITION

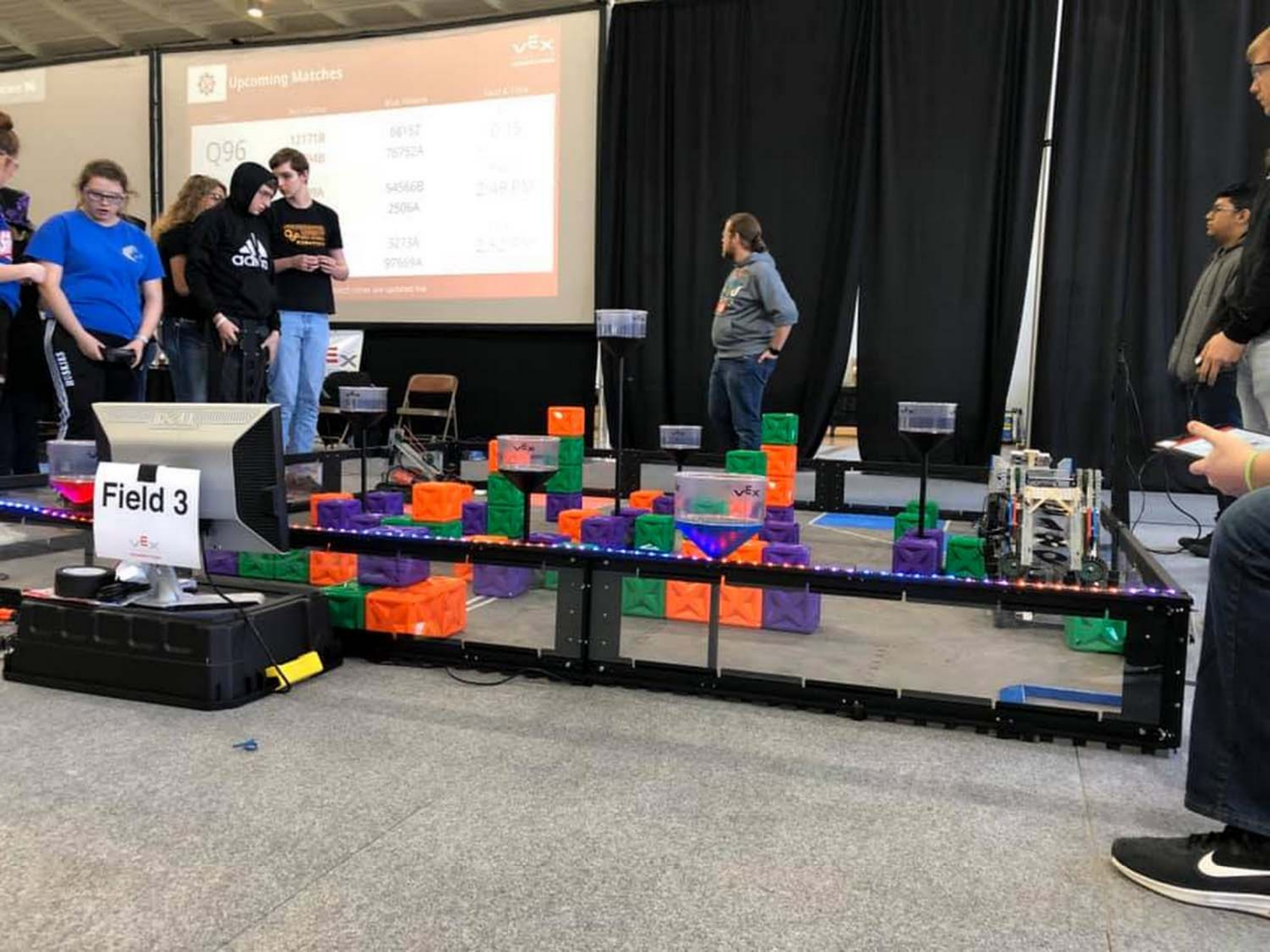
Field 3

VEX









# Upcoming Matches

Match	Team 1	Team 2	Score
Q96	13776R	6615T	0-15
	13776R	76752A	0-15
	13776R	54566B	2-48.00
	13776R	2506A	0-15
	13776R	3273A	2-4.00
	13776R	97669A	0-15

Field 3









Q96

12171B  
33794B

6815Z  
76752A

Autonomous  
Field 1  
2:49 PM

54566B  
2506A

Field 2  
2:52 PM

3273A  
97669A

Matches are updated live

Field 3

VEX  
ROBOTICS  
COMPETITION







Q96	6815Z	0:15
Q96	76752A	About To Start
Q96	54566B	Field 1
Q96	2506A	2:49 PM
	3273A	Field 2
	97669A	2:52 PM

Match times are updated live

Field 3









# Upcoming Matches

Q96

Q97

Q98

12171B

33794B

adidas

Blue Alliance

6815Z

76752A

64566B

2506A

3273A

97669A

updated live

Field & Time

Field 3

0:00

Driver Control

Field 1

2:49 PM

Field 2

2:52 PM

Field 3

VEX  
COMPETITION







50 YEARS of GREAT BASKETBALL





50 YEARS of GREAT BASKETBALL

























































































HOMETOWN  
WEST VIRGINIA

LADY  
40  
WARRIORS

LADY  
12  
WARRIORS

LADY  
55  
WARRIORS

LADY  
34  
WARRIORS

LADY  
24  
WARRIORS

LADY  
22  
WARRIORS

LADY  
44  
WARRIORS

WYBAC  
2019  
BASKETBALL  
REGIONAL CHAMPION

LADY  
14  
WARRIORS

WARRIORS





















ra Jones  
& Award

The Cliff Out  
Grill

Holecomb  
Excavating and  
Construction

Nicholas  
Sanitation, Inc.

Craig's Auto









Gray Tayle  
Properties LLC

Gil's  
Contracting,  
Inc.

First  
Community  
Bank

Rebecca Jones  
&  
Terry Acord

The Chill Out  
Grill





Eric D. Hinkle,  
DDS

Gray Tayte  
Properties LLC

Gil's  
Contracting,  
Inc.

First  
Community  
Bank

Rebecca Jones  
&  
Terry Acord

The Chill Out  
Grill













































HOMETOWN  
2017-18 DIVISION 1 CHAMPIONS  
WEST VIRGINIA

MAXIMUM  
OCCUPANCY  
100

CALEB  
2019













**POCAHONTAS COUNTY  
BASEBALL RECORDS**

**1900-1909**

1900	1901	1902	1903	1904	1905	1906	1907	1908	1909
1910	1911	1912	1913	1914	1915	1916	1917	1918	1919

**1920-1929**

1920	1921	1922	1923	1924	1925	1926	1927	1928	1929
------	------	------	------	------	------	------	------	------	------

**1930-1939**

1930	1931	1932	1933	1934	1935	1936	1937	1938	1939
------	------	------	------	------	------	------	------	------	------

**1940-1949**

1940	1941	1942	1943	1944	1945	1946	1947	1948	1949
------	------	------	------	------	------	------	------	------	------

**1950-1959**

1950	1951	1952	1953	1954	1955	1956	1957	1958	1959
------	------	------	------	------	------	------	------	------	------

**1960-1969**

1960	1961	1962	1963	1964	1965	1966	1967	1968	1969
------	------	------	------	------	------	------	------	------	------

**1970-1979**

1970	1971	1972	1973	1974	1975	1976	1977	1978	1979
------	------	------	------	------	------	------	------	------	------

**1980-1989**

1980	1981	1982	1983	1984	1985	1986	1987	1988	1989
------	------	------	------	------	------	------	------	------	------

**1990-1999**

1990	1991	1992	1993	1994	1995	1996	1997	1998	1999
------	------	------	------	------	------	------	------	------	------

**2000-2009**

2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
------	------	------	------	------	------	------	------	------	------

**2010-2019**

2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
------	------	------	------	------	------	------	------	------	------

**2020-2029**

2020	2021	2022	2023	2024	2025	2026	2027	2028	2029
------	------	------	------	------	------	------	------	------	------

**POCAHONTAS COUNTY  
BASKETBALL 10000**

**1900-1909**

1900	1901	1902	1903	1904	1905	1906	1907	1908	1909
------	------	------	------	------	------	------	------	------	------

**1910-1919**

1910	1911	1912	1913	1914	1915	1916	1917	1918	1919
------	------	------	------	------	------	------	------	------	------

**1920-1929**

1920	1921	1922	1923	1924	1925	1926	1927	1928	1929
------	------	------	------	------	------	------	------	------	------

**1930-1939**

1930	1931	1932	1933	1934	1935	1936	1937	1938	1939
------	------	------	------	------	------	------	------	------	------

**1940-1949**

1940	1941	1942	1943	1944	1945	1946	1947	1948	1949
------	------	------	------	------	------	------	------	------	------

**1950-1959**

1950	1951	1952	1953	1954	1955	1956	1957	1958	1959
------	------	------	------	------	------	------	------	------	------

**1960-1969**

1960	1961	1962	1963	1964	1965	1966	1967	1968	1969
------	------	------	------	------	------	------	------	------	------

**1970-1979**

1970	1971	1972	1973	1974	1975	1976	1977	1978	1979
------	------	------	------	------	------	------	------	------	------

**1980-1989**

1980	1981	1982	1983	1984	1985	1986	1987	1988	1989
------	------	------	------	------	------	------	------	------	------

**1990-1999**

1990	1991	1992	1993	1994	1995	1996	1997	1998	1999
------	------	------	------	------	------	------	------	------	------

**2000-2009**

2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
------	------	------	------	------	------	------	------	------	------

**2010-2019**

2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
------	------	------	------	------	------	------	------	------	------

**2020-2029**

2020	2021	2022	2023	2024	2025	2026	2027	2028	2029
------	------	------	------	------	------	------	------	------	------

**GO WARRIORS**

HOME	VISITOR
BONUS	BONUS
FOULS	FOULS
WON	WON
PERIOD	PERIOD
PLAYER	PLAYER
FOULS	FOULS
MATCH	MATCH
RESTAURANT	DONATED BY
CONVENIENCE	ATTO. SIXTH
STORE	UNITED STATES
	THE <i>Rydors</i>
	1000 100 1000 1000
	BOYER, WY.
	WEECKER
	SERVICE





























## PLEASE DONATE TO YOUR FIRST PERIOD CLASS

- *Canned Meats*
- *Soup/Chili*
- *Vegetables/ Fruit*
- *Canned Juice*
- *Any non-perishable canned item!*




THE CLASS WITH THE MOST PARTICIPATION

WILL WIN A PIZZA PARTY!



**POCAHONTAS COUNTY SCHOOLS**  
**March Breakfast and Lunch Menu 2020**

**March 2-6 – National School Breakfast Week**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p>2</p> <p>Cinnamon Roll Cereal Fruit</p> <p>Turkey &amp; Cheese Hoagie Mixed Vegetables Baked Beans Fruit</p>	<p>3</p> <p>Scrambled Eggs w/Cheese Toast Yogurt Fruit</p> <p>Breaded Pork Chop Patty Macaroni Salad Fresh Orange/Red Pepper Sticks w/Ranch Dip Mixed Fruit</p>	<p>4</p> <p>Sausage Croissant Fresh Sliced Apples</p> <p>Chili Wade's Bake Potato w/Sour Cream California Medley Cornbread Fruit</p>	<p>5</p> <p>Banana Whole Grain Muffin Cereal Fruit</p> <p>Chicken Patty Sandwich w/Lettuce, Tomato, Onion Sweet Potato Fries Steamed Broccoli Fruit Homemade Cookie</p>	<p>6</p> <p>Whole Grain Toasted Bagel w/Cream Cheese Yogurt Fruit</p> <p>Salisbury Steak Mash Potatoes w/Gravy Green Beans Homemade Roll Peaches</p>
<p>9</p> <p>Pancakes w/Syrup Apple Slices w/Wow Butter</p> <p>Orange Chicken Brown Rice Pilaf Stir Fry Vegetables Mixed Fruit</p>	<p>10</p> <p>Egg and Cheese Biscuit Cereal Fruit</p> <p>Cheesburger Lettuce/Tomato Sweet Potato Fries Pinto Beans Applesauce</p>	<p>11</p> <p>Banana Bread Cereal Fruit</p> <p>Chicken Pot Pie Parmesan Broccoli Apples Slices w/ Wow Butter Ice Cream</p>	<p>12</p> <p>Crispy Chicken Biscuit Cereal Fruit</p> <p>Spaghetti Romaine Salad w/Tomatoes Green Beans Homemade Roll Fruit</p>	<p>13</p> <p>Strudel Fresh Orange Slices</p> <p>Philly Cheese Steak Hoagie Sliced Carrots w/Ranch Diced Potatoes Fresh Cut Fruit</p>
<p>16</p> <p>Egg and Cheese Wrap Cereal Fruit</p> <p>Chicken Tenders w/Cesar Romaine Salad Corn Homemade Roll Fruit</p>	<p>17</p> <p>Pretzel w/Cheese Cereal Fruit</p> <p>Pizza Broccoli Salad French Fries Carrot Stix w/Ranch Fruit</p>	<p>18</p> <p>Biscuits and Gravy Cereal Fruit</p> <p>Vegetable Soup Grilled Cheese Sandwich Steamed Broccoli Peaches Brownie</p>	<p>19</p> <p>French Toast Stix Cereal Fruit</p> <p>Meatball Hoagie Sweet Potato Fingerlings Bake Beans Green Beans Juice Sidekick</p>	<p>20</p> <p>Smoothie/ Yogurt Parfait Cereal</p> <p>Alfredo w/A Twist 5 Way Veggies Homemade Roll Orange Slices</p>
<p>23</p> <p>Sausage Pancake Stix Yogurt Fruit</p> <p>Popcorn Chicken Mash Potatoes Green Beans Homemade Roll Fruit</p>	<p>24</p> <p>Super Donut Cereal Fruit</p> <p>Fish Stix Scalloped Potato Carrot Stix Homemade Roll Fruit</p>	<p>25</p> <p>Sausage Breakfast Pizza Fruit</p> <p>Beef Mac and Cheese Steamed Broccoli Peas Homemade Roll Fruit Birthday Cake</p>	<p>26</p> <p>Zucchini Bread Cereal Fruit</p> <p>Chicken Nuggets Romaine Salad Corn Homemade Roll Fruit</p>	<p>27</p> <p>Sausage and Egg Biscuit Fruit</p> <p>Pepperoni Roll w/Pizza Sauce Dip Macaroni Salad Bake Beans Cooked Carrots Fruit</p>
<p>20</p> <p>Mini Waffles Cereal Fruit</p> <p>Hot Ham and Cheese Tator Tots Peas Sliced Carrots Stix Fruit</p>	<p>21</p> <p>Cooks' Choice Breakfast Cooks' Choice Lunch</p>			



































WARRIOR TERRITORY











TERRITORY







1:12	100 HIGH HURDLES
7:59	300 IM HURDLES
53.4	4 X 100 M
1:51.39	4 X 200 M
4:18	4 X 400 M
10:15.50	4 X 800 M
1:09:22	SHUTTLE HURDLE RELAY

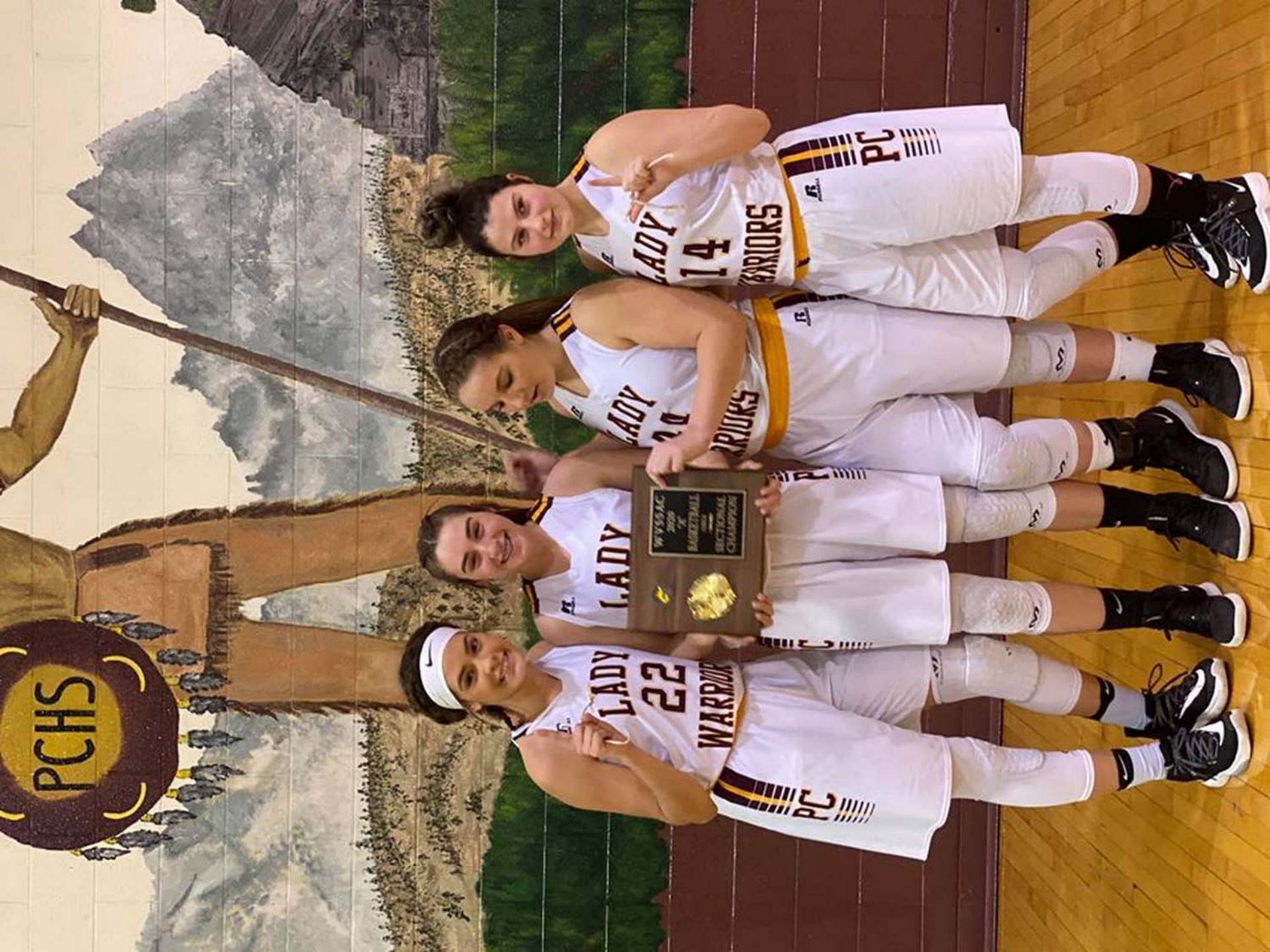
Alex Bittenhouse	4:31.18	800 M
Nathan Bittenhouse	9:40.44	1600 M
Dallan Irvine	15.6	2000 M
Charley McNeil	15.6	100 HIGH HURDLES
Michael McNeil	39.1	300 IM HURDLES
David McNeil		4 X 100 M
David McNeil		4 X 200 M
David McNeil		4 X 400 M
David McNeil		4 X 800 M
David McNeil		SHUTTLE HURDLE RELAY



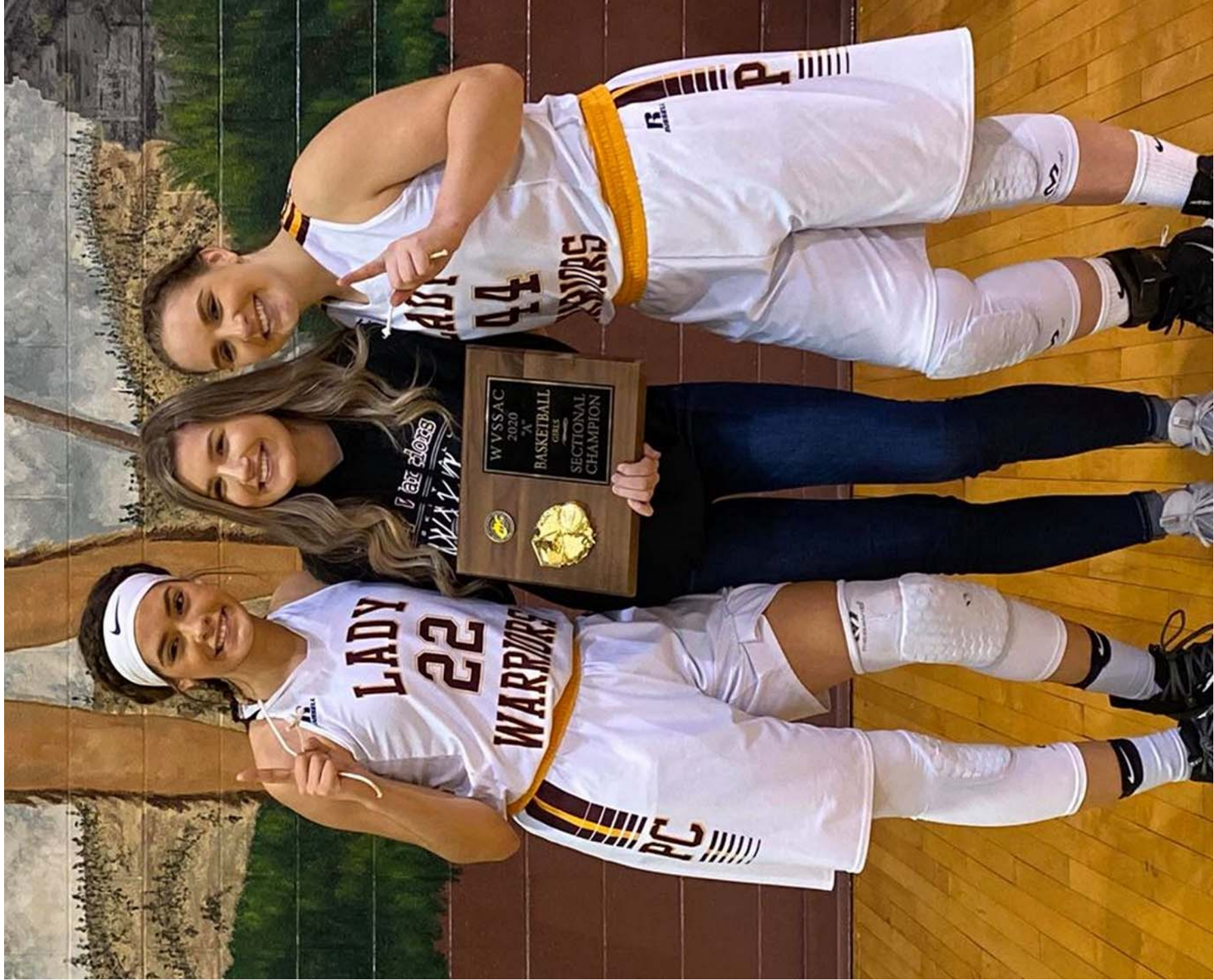
























**POCAHONTAS COUNTY TRACK RECORDS**  
**LADY**

Event	Record	Time	Year
100m	1.15	2004	2004
200m	2.35	2004	2004
400m	5.15	2004	2004
800m	10.15	2004	2004
1600m	19.15	2004	2004
3200m	38.15	2004	2004
6400m	77.15	2004	2004
12800m	154.15	2004	2004
25600m	308.15	2004	2004
51200m	616.15	2004	2004
102400m	1232.15	2004	2004
204800m	2464.15	2004	2004
409600m	4928.15	2004	2004
819200m	9856.15	2004	2004
1638400m	19712.15	2004	2004
3276800m	39424.15	2004	2004
6553600m	78848.15	2004	2004
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4153837486827862102824397063376076800m	49975857263397715924606027168743424.15	2004	2004
8307674973655724205648794126752153600m	99951714526795431849212054337486848.15	2004	2004
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265845599156983174580761412056068915200m	3198454864857453819174785738799579136.15	2004	2004
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17014118346046923173168730371588410470400m	204701111350877044427186287283173064704.15	2004	2004
34028236692093846346337460743176820940800m	409402222701754088854372574566346129408.15	2004	2004
68056473384187692692674921486353641881600m	818804445403508177708745149132692258816.15	2004	2004
136112946768375385385349842972707283763200m	1637608890807016355417490298265384517632.15	2004	2004
272225893536750770770699685945414567526400m	3275217781614032710834980596530769035264.15	2004	2004
544451787073501541541399371890829115052800m	6550435563228065421669961193061538070528.15	2004	2004
1088903574147003083082798743781658230105600m	13100871126456130843339922386123076141056.15	2004	2004
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2230074519853062314153571827264836074456268800m	26830584066982155967160161046780058464882688.15	2004	2004
4460149039706124628307143654529672148912537600m	53661168133964311934320322093560116929765376.15	2004	2004
8920298079412249256614287309059344297825075200m	1073		























# WARRIOR TERRITORY

**POCAHONTAS COUNTY TRACK RECORDS**

**LADY WARRIORS**

Event	Record	Time
100m	1:15.17	2008
200m	2:47.17	2008
400m	1:19.17	2008
800m	2:39.17	2008
1600m	5:15.17	2008
3200m	10:30.17	2008
6400m	20:45.17	2008
12800m	41:00.17	2008
25600m	82:15.17	2008
51200m	164:30.17	2008
102400m	328:45.17	2008
204800m	657:00.17	2008
409600m	1314:15.17	2008
819200m	2628:30.17	2008
1638400m	5256:45.17	2008
3276800m	10513:00.17	2008
6553600m	21026:15.17	2008
13107200m	42052:30.17	2008
26214400m	84105:45.17	2008
52428800m	168211:00.17	2008
104857600m	336422:15.17	2008
211715200m	672844:30.17	2008
423430400m	1345689:45.17	2008
846860800m	2691379:00.17	2008
1693721600m	5382758:15.17	2008
3387443200m	10765516:30.17	2008
6774886400m	21531032:45.17	2008
13549772800m	43062065:00.17	2008
27099545600m	86124130:15.17	2008
54199091200m	172248260:30.17	2008
108398182400m	344496521:45.17	2008
216796364800m	688993043:00.17	2008
433592729600m	1377986086:15.17	2008
867185459200m	2755972172:30.17	2008
1734370918400m	5511944344:45.17	2008
3468741836800m	11023888689:00.17	2008
6937483673600m	22047777378:15.17	2008
13874967347200m	44095554756:30.17	2008
27749934694400m	88191109512:45.17	2008
55499869388800m	176382219025:00.17	2008
110999738777600m	352764438050:15.17	2008
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443998955110400m	1411057752200:45.17	2008
887997910220800m	2822115504400:00.17	2008
1775995820441600m	5644231008800:15.17	2008
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28415933127065600m	90307696140800:15.17	2008
56831866254131200m	180615392281600:30.17	2008
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909309860066099200m	2889846276505600:30.17	2008
1818619720132198400m	5779692553011200:45.17	2008
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29097915522115174400m	92475080848179200:45.17	2008
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476740247914335017369600m	1515111724616568012800:15.17	2008
953480495828670034739200m	3030223449233136025600:30.17	2008
1906960991657340069478400m	6060446898466272051200:45.17	2008
3813921983314680138956800m	12120893796932544102400:00.17	2008
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27465024327417818462951092773794444800m	873402444596204192510688154633004646400:00.17	2008
54930048654835636925902185547588889600m	1746804889192408385021376309266009292800:15.17	2008
1098600973096712738518037710951777785600m	349360977838481677004275261853201857600:30.17	2008
2197201946193425477036075421903555571200m	69872195567696335400855052370640371532800:45.17	2008
4394403892386850954072150843807111142400m	13974439113539267080171010474128074265600:00.17	2008
8788807784773701908144301687614222284800m	2794887822707853416034202094825614931200:15.17	2008
17577615569547403816288603375228444569600m	5589775645415706832068404189651229862400:30.17	2008
35155231139094807632577206750456889139200m	111795512908314136641368083793024597350400:45.17	2008
70310462278189615265154413500913779468800m	223591025816628273282736167586049194700800:00.17	2008
140620924556379230530308827001875558937600m	447182051633256546565472335172098389401600:15.17	2008
281241849112758461060617654003751117875200m	894364103266513093130944670344196778803200:30.17	2008
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2249934792902067688484941232030088942214400m	7154912826132104745047557362753574230425600:15.17	2008
449986958580413537696988246406017788444800m	14309825652264209490095114725507148460851200:30.17	2008
8999739171608270753939764928120355778886400m	28619651304528418980190229451014296921702400:45.17	2008
17999478343216541507879529856240711577772800m	57239302609056837960380458902028593843404800:00.17	2008
35998956686433083015759059712481423155545600m	114478605218113675920760917804057187686809600:15.17	2008
71997913372866166031518119424962847111091200m	228957210436227351841521835608114373	







# WARRIOR TERRITORY

**POCAHONTAS COUNTY TRACK RECORDS**

**MALE**

Event	Record	Year	Coach
100 Yards	1:14.5	1974	John Lamb
200 Yards	2:30.0	1974	John Lamb
400 Yards	5:15.0	1974	John Lamb
800 Yards	10:30.0	1974	John Lamb
1600 Yards	21:00.0	1974	John Lamb
3200 Yards	42:00.0	1974	John Lamb
6400 Yards	84:00.0	1974	John Lamb
12800 Yards	168:00.0	1974	John Lamb
25600 Yards	336:00.0	1974	John Lamb
51200 Yards	672:00.0	1974	John Lamb
102400 Yards	1344:00.0	1974	John Lamb
204800 Yards	2688:00.0	1974	John Lamb
409600 Yards	5376:00.0	1974	John Lamb
819200 Yards	10752:00.0	1974	John Lamb
1638400 Yards	21504:00.0	1974	John Lamb
3276800 Yards	43008:00.0	1974	John Lamb
6553600 Yards	86016:00.0	1974	John Lamb
13107200 Yards	172032:00.0	1974	John Lamb
26214400 Yards	344064:00.0	1974	John Lamb
52428800 Yards	688128:00.0	1974	John Lamb
104857600 Yards	1376256:00.0	1974	John Lamb
209715200 Yards	2752512:00.0	1974	John Lamb
419430400 Yards	5505024:00.0	1974	John Lamb
838860800 Yards	11010048:00.0	1974	John Lamb
1677721600 Yards	22020096:00.0	1974	John Lamb
3355443200 Yards	44040192:00.0	1974	John Lamb
6710886400 Yards	88080384:00.0	1974	John Lamb
13421772800 Yards	176160768:00.0	1974	John Lamb
26843545600 Yards	352321536:00.0	1974	John Lamb
53687091200 Yards	704643072:00.0	1974	John Lamb
107374182400 Yards	1409286144:00.0	1974	John Lamb
214748364800 Yards	2818572288:00.0	1974	John Lamb
429496729600 Yards	5637144576:00.0	1974	John Lamb
858993459200 Yards	11274289152:00.0	1974	John Lamb
1717986918400 Yards	22548578304:00.0	1974	John Lamb
3435973836800 Yards	45097156608:00.0	1974	John Lamb
6871947673600 Yards	90194313216:00.0	1974	John Lamb
13743895347200 Yards	180388626432:00.0	1974	John Lamb
27487790694400 Yards	360777252864:00.0	1974	John Lamb
54975581388800 Yards	721554505728:00.0	1974	John Lamb
109951162777600 Yards	1443109011456:00.0	1974	John Lamb
219902325555200 Yards	2886218022912:00.0	1974	John Lamb
439804651110400 Yards	5772436045824:00.0	1974	John Lamb
879609302220800 Yards	11544872091648:00.0	1974	John Lamb
1759218604441600 Yards	23089744183296:00.0	1974	John Lamb
3518437208883200 Yards	46179488366592:00.0	1974	John Lamb
7036874417766400 Yards	92358976733184:00.0	1974	John Lamb
14073748835532800 Yards	184717953466368:00.0	1974	John Lamb
28147497671065600 Yards	369435906932736:00.0	1974	John Lamb
56294995342131200 Yards	738871813865472:00.0	1974	John Lamb
112589990684262400 Yards	1477743627730944:00.0	1974	John Lamb
225179981368524800 Yards	2955487255461888:00.0	1974	John Lamb
450359962737049600 Yards	5910974510923776:00.0	1974	John Lamb
900719925474099200 Yards	11821949021847552:00.0	1974	John Lamb
1801439850948198400 Yards	23643898043695104:00.0	1974	John Lamb
3602879701896396800 Yards	47287796087390208:00.0	1974	John Lamb
7205759403792793600 Yards	94575592174780416:00.0	1974	John Lamb
14411518807585587200 Yards	189151184349560832:00.0	1974	John Lamb
28823037615171174400 Yards	378302368699121664:00.0	1974	John Lamb
57646075230342348800 Yards	756604737398243328:00.0	1974	John Lamb
115292150460684697600 Yards	1513209474796486656:00.0	1974	John Lamb
230584300921369395200 Yards	3026418949592973312:00.0	1974	John Lamb
461168601842738790400 Yards	6052837899185946624:00.0	1974	John Lamb
922337203685477580800 Yards	12105675798371893248:00.0	1974	John Lamb
1844674407370955161600 Yards	24211351596743786496:00.0	1974	John Lamb
3689348814741910323200 Yards	48422703193487572992:00.0	1974	John Lamb
7378697629483820646400 Yards	96845406386975145984:00.0	1974	John Lamb
14757395258967641292800 Yards	193690812773950291968:00.0	1974	John Lamb
29514790517935282585600 Yards	387381625547900583936:00.0	1974	John Lamb
59029581035870565171200 Yards	774763251095801167872:00.0	1974	John Lamb
118059162071741130342400 Yards	1549526502191602335744:00.0	1974	John Lamb
236118324143482260684800 Yards	3099053004383204671488:00.0	1974	John Lamb
472236648286964521369600 Yards	6198106008766409342976:00.0	1974	John Lamb
944473296573929042739200 Yards	12396212017532818685952:00.0	1974	John Lamb
1888946593147858085478400 Yards	24792424035065637371904:00.0	1974	John Lamb
3777893186295716170956800 Yards	49584848070131274743808:00.0	1974	John Lamb
7555786372591432341913600 Yards	99169696140262549487616:00.0	1974	John Lamb
15111572745182864683827200 Yards	198339392280525098975232:00.0	1974	John Lamb
30223145490365729367654400 Yards	396678784561050197950464:00.0	1974	John Lamb
60446290980731458735308800 Yards	793357569122100395900928:00.0	1974	John Lamb
120892581961462917470617600 Yards	1586715138244200791801856:00.0	1974	John Lamb
241785163922925834941235200 Yards	3173430276488401583603712:00.0	1974	John Lamb
483570327845851669882470400 Yards	6346860552976803167207424:00.0	1974	John Lamb
967140655691703339764940800 Yards	12693721105953606334414848:00.0	1974	John Lamb
1934281311383406679529881600 Yards	25387442211907212668829696:00.0	1974	John Lamb
3868562622766813359059763200 Yards	50774884423814425337659392:00.0	1974	John Lamb
7737125245533626718119526400 Yards	101549768847628850675318784:00.0	1974	John Lamb
15474250491067253436239052800 Yards	203099537695257701350637568:00.0	1974	John Lamb
30948500982134506872478105600 Yards	406199075390515402701275136:00.0	1974	John Lamb
61897001964269013744956211200 Yards	812398150781030805402550272:00.0	1974	John Lamb
123794003928538027489912422400 Yards	1624796301562061610805100544:00.0	1974	John Lamb
247588007857076054979824844800 Yards	3249592603124123221610201088:00.0	1974	John Lamb
495176015714152109959649689600 Yards	6499185206248246443220402176:00.0	1974	John Lamb
990352031428304219919299379200 Yards	12998370412496492886440804352:00.0	1974	John Lamb
1980704062856608439838598758400 Yards	25996740824992985772881608704:00.0	1974	John Lamb
3961408125713216879677197516800 Yards	51993481649985971545763217408:00.0	1974	John Lamb
7922816251426433759354395033600 Yards	103986963299971943091526434816:00.0	1974	John Lamb
15845632502852867518708790067200 Yards	207973926599943886183052869632:00.0	1974	John Lamb
31691265005705735037417580134400 Yards	415947853199887772366105739264:00.0	1974	John Lamb
63382530011411470074835160268800 Yards	831895706399775544732211478528:00.0	1974	John Lamb
126765060022822940149670320537600 Yards	1663791412799551089464422957056:00.0	1974	John Lamb
253530120045645880299340641075200 Yards	3327582825599102178928845914112:00.0	1974	John Lamb
507060240091291760598681282150400 Yards	6655165651198204357857691828224:00.0	1974	John Lamb
1014120480182583521197362564300800 Yards	13310331302396408715715383656448:00.0	1974	John Lamb
2028240960365167043994725128601600 Yards	26620662604792817431430767312896:00.0	1974	John Lamb
4056481920730334087989450257203200 Yards	53241325209585634862861534625792:00.0	1974	John Lamb
8112963841460668175978900514406400 Yards	106482650419171269725723069251584:00.0	1974	John Lamb
16225927682921336351957801028812800 Yards	212965300838342539451446138503168:00.0	1974	John Lamb
32451855365842672703915602057625600 Yards	425930601676685078902892277006336:00.0	1974	John Lamb
64903710731685345407831204115251200 Yards	851861203353370157805784554012672:00.0	1974	John Lamb
129807421463370690815662408230502400 Yards	1703722406706740315611569108025344:00.0	1974	John Lamb
259614842926741381631324816461004800 Yards	3407444813413480631223138216050688:00.0	1974	John Lamb
519229685853482763262649632922009600 Yards	6814889626826961262446276432101376:00.0	1974	John Lamb
1038459371706965526525299265844019200 Yards	13629779253653922524892552864202752:00.0	1974	John Lamb
2076918743413931053050598531688038400 Yards	27259558507307845049785105728405504:00.0	1974	John Lamb
4153837486827862106101197063376076800 Yards	54519117014615690099570211456811008:00.0	1974	John Lamb
8307674973655724212202394126752153600 Yards	109038234029231380199140422913622016:00.0	1974	John Lamb
16615349947311448424404788253504307200 Yards	218076468058462760398280845827244032:00.0	1974	John Lamb
33230699894622896848809576507008614400 Yards	436152936116925520796561691654488064:00.0	1974	John Lamb
66461399789245793697619153014017228800 Yards	872305872233851041593123383308976128:00.0	1974	John Lamb
132922799578491587395238306028034457600 Yards	1744611744467702083186246766617952256:00.0	1974	John Lamb
265845599156983174790476612056068915200 Yards	3489223488935404166372493533235904512:00.0	1974	John Lamb
531691198313966349580953224112137830400 Yards	6978446977870808332744987066471809024:00.0	1974	John Lamb
1063382396627932699161906448224275660800 Yards	13956893955741616665489974132943618048:00.0	1974	John Lamb
2126764793255865398323812896448551369600 Yards	27913787911483233330979948265887236096:00.0	1974	John Lamb
4253529586511730796647625792897102739200 Yards	55827575822966466661959896531774472192:00.0	1974	John Lamb
8507059173023461593295251585794205478400 Yards	111655151645932933323919793063548944384:00.0	1974	John Lamb
17014118346046923186590503171588410956800 Yards	223310303291865866647839586127097888768:00.0	1974	John Lamb
34028236692093846373181006343176821913600 Yards	446620606583731733295679172254195777536:00.0	1974	John Lamb
68056473384187692746362012686353643827200 Yards	893241213167463466591358344508391555072:00.0	1974	John Lamb
136112946768375385492724025372707287654400 Yards	1786482426334926933182716689016783110144:00.0	1974	John Lamb
272225893536750770985448050745414575308800 Yards	3572964852669853866365433378033566220288:00.0	1974	John Lamb
544451787073501541970896101490829150617600 Yards	7145929705339707732730866756067132440576:00.0	1974	John Lamb
1088903574147003083941792202981658301235200 Yards	14291859410679415465461733512134264881152:00.0	1974	John Lamb
2177807148294006167883584405963316602470400 Yards	28583718821358830930923467024268529762304:00.0	1974	John Lamb
4355614296588012335767168811926633204940800 Yards	57167437642717661861846934048537059524608:00.0	1974	John Lamb
8711228593176024671534337623853266409881600 Yards	114334875285435323723693868097074119049216:00.0	1974	John Lamb
1742245718635204934306867524770653281974400 Yards	228669750570870647447387736194148238098432:00.0	1974	John Lamb
3484491437270409868613735049541306563948800 Yards	457339501141741294894775472388296476196864:00.0	1974	John Lamb
6968982874540819737227470099082613127937600 Yards	914679002283482589789550944776592952393728:00.0	1974	John Lamb
13937965749081639474454940198165226255875200 Yards	1829358004566965179579101889553185904787456:00.0	1974	John Lamb
27875931498163278948909880396330452511750400 Yards	3658716009133930359158203779106371809574912:00.0	1974	John Lamb
55751862996326557897819760792660905023500800 Yards	7317432018267860718316407558212743619149824:00.0	1974	John Lamb
111503725992653115795639521585321810047001600 Yards	14634864036535721436632815116425487238299648:00.0	1974	John Lamb
223007451985306231591279043170643620094003200 Yards	29269728073071442873265630232850974476599296:00.0	1974	John Lamb
446014903970612463182558086341287240188006400 Yards	58539456146142885746531260465701948953198592:00.0	1974	John Lamb
892029807941224926365116			





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LADY WARRIORS		
EVENT		
Michelle Malatino 14'6.5"	LONG JUMP	
G. Shadberry 4'10"	HIGH JUMP	
Michelle Withers 27'9"	SHOTPUT	
Bridget Carroll 100'1"	DISCUS	
Cheryl Woodruff 13.00 100 M		
Adrienne Nottingham 26.8 200 M		
Adrienne Nottingham 55.00 400 M		
Tasha Combs 2:21.85 800 M		
Tasha Combs 9:23.30 1600 M		
Cora Hedrick 12:16.34 2000 M		
Lella Calhoun 18.12 100 HIGH JUMP		
Lella Calhoun 47.59 200 M HURDLES		
Stephanie Bowers 32.4 300 M		
L. Miller, L. Carter, L. Bower 1:01.30 4 X 100 M		
Adrian, Stephanie, Lella, Bower 4:10 4 X 400 M		
L. Carter, B. Bower, L. Bower, Lella 11:00 4 X 800 M		
L. Miller, L. Carter, L. Bower 1:09.22 4 X 100 M		

WARRIORS	
Albert Ponder 22.8	
Jeff Ferling 8.9	
Dave Cain 49.8	
Ryan Irvine 132.1	
Johnny Barton 14.6	
David Palmer 11.21	
Randy Friel 23.1	
Randy Friel 48.1	
Randy Friel 1:58	
Alex Rittenhouse 4:31	
Ryan Rittenhouse 9:40	
Barton Irvine 15.1	
Charney McNeal 29.1	
Willard, Barton, Barton, Barton 48	
Barton, Carter, McNeal, Barton 1:12	
Barton, Carter, Carter, McNeal 3:1	
L. Carter, L. Barton, L. Carter, L. Friel 8	
McNeal, Barton, Barton, Carter 1	









Abraham Lincoln's log cabin















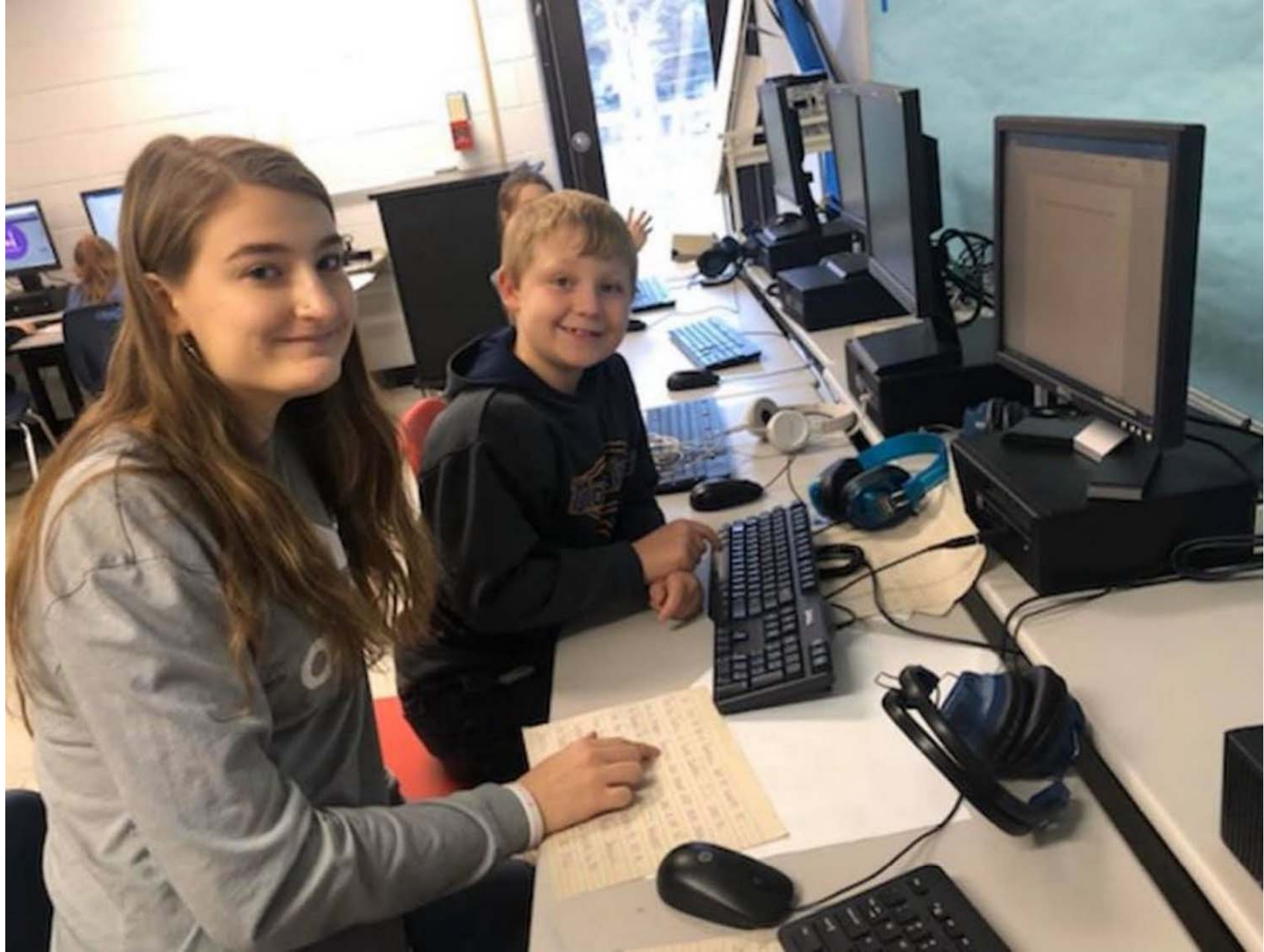






















































Wh  
Oh but

Seniors 49 days  
Everyone 59 days  
Spring Break 29 days  
"I need you to graduate"  
- Zack Lambert

12-10





Being important is nice,  
but being **NICE** is more  
important!!!













































MAXIMUM  
OCCUPANCY  
788

JOBS







MAXIMUM  
OCCUPANCY  
188

SHHS

POCAHONTAS CO  
BASKETBALL

POCAHONTAS  
COUNTY



MAXIMUM  
OCCUPANCY  
118

JOHS









**GO WARRIORS**

<b>HOME</b>	<b>22</b>	<b>VISITOR</b>	<b>35</b>
<b>BONUS</b>		<b>BONUS</b>	
<b>PERIOD</b>	<b>1:45</b>	<b>PERIOD</b>	<b>2</b>
<b>FOULS</b>	<b>7</b>	<b>FOULS</b>	<b>6</b>
<b>PLAYER</b>		<b>PLAYER</b>	
<b>FOULS</b>		<b>FOULS</b>	
<b>MATCH</b>		<b>MATCH</b>	
<b>WON</b>		<b>WON</b>	

**DONATED BY** *The Ryders* **ANTIO SALVAGE**  
**RESTAURANT** **CONVENIENCE STORE** **WRECKER SERVICE**  
 1000 2ND / 1000 2ND / 1000 2ND

**HOUSTON COUNTY BASKETBALL RECORDS**

Player	Team	Year	Points	Rebounds	Assists	Steals	Blocks
...	...	...	...	...	...	...	...

**HOUSTON COUNTY & 1000 POINT CLUB**

Player	Team	Year	Points	Rebounds	Assists	Steals	Blocks
...	...	...	...	...	...	...	...

**HOUSTON COUNTY BASKETBALL RECORDS**

Player	Team	Year	Points	Rebounds	Assists	Steals	Blocks
...	...	...	...	...	...	...	...















































Cross Train  
by  
Ryan Dumas





Dry Mountain  
Tower  
by  
Kylaugh Hughes

Waterfalls at  
Sunset  
by  
Violet McLeod

Big Telescope  
by  
Jenna McCarty













WARRIORS  
1000

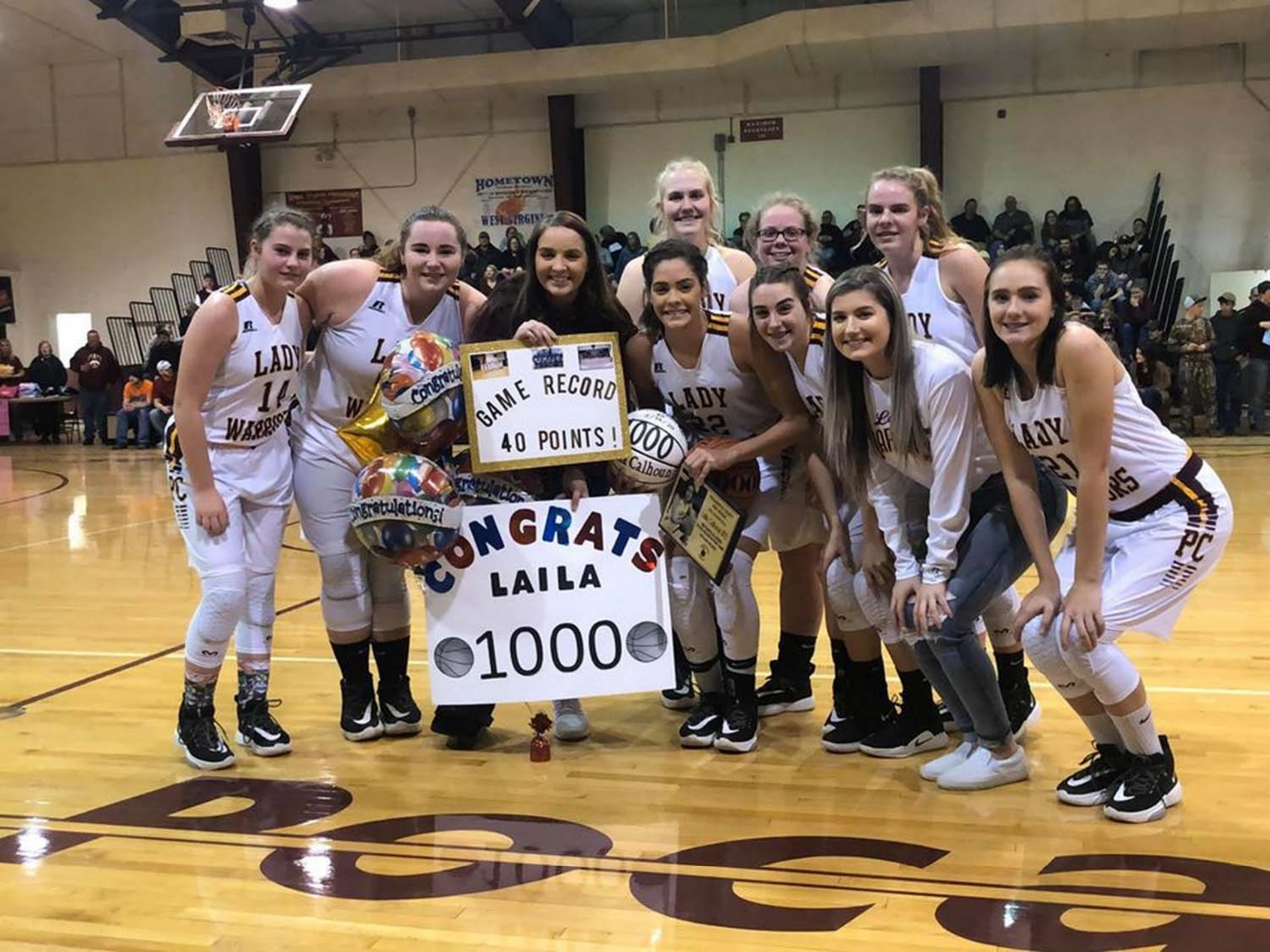
HOMETOWN  
WARRIORS

P.O. CALHOUN  
WARRIORS

LADY  
22

40 POINTS!  
1000







































# WARRIOR TERRITORY

GO REDDING

HOME	AWAY	PTS	REB	AST	STL	BLK	FT	3PT	TS
10	10	10	10	10	10	10	10	10	10



POCAHONTAS COUNTY TRACK RECORDS

LAST YEAR

NAME	TIME	SCORE
1. J. P. Smith	1:15.7	100.0
2. J. P. Smith	1:17.0	98.0
3. J. P. Smith	1:18.0	96.0
4. J. P. Smith	1:19.0	94.0
5. J. P. Smith	1:20.0	92.0
6. J. P. Smith	1:21.0	90.0
7. J. P. Smith	1:22.0	88.0
8. J. P. Smith	1:23.0	86.0
9. J. P. Smith	1:24.0	84.0
10. J. P. Smith	1:25.0	82.0

THANK YOU FOR YOUR SERVICE

POCAHONTAS HIGHS

HOOPS

HEROES





# WARRIOR TENNIS

GO WARRIORS		VISITING	
HOME	8:00	HOME	0
SCORE	0	SCORE	0
TIME	0:00	TIME	0:00
DATE		DATE	
BY		BY	
SCORE		SCORE	
DATE		DATE	

THANK YOU







WARRIOR TERRITORY



POCAHONTAS TRACK

1. [Name]	2. [Name]	3. [Name]	4. [Name]	5. [Name]	6. [Name]	7. [Name]	8. [Name]	9. [Name]	10. [Name]
11. [Name]	12. [Name]	13. [Name]	14. [Name]	15. [Name]	16. [Name]	17. [Name]	18. [Name]	19. [Name]	20. [Name]
21. [Name]	22. [Name]	23. [Name]	24. [Name]	25. [Name]	26. [Name]	27. [Name]	28. [Name]	29. [Name]	30. [Name]
31. [Name]	32. [Name]	33. [Name]	34. [Name]	35. [Name]	36. [Name]	37. [Name]	38. [Name]	39. [Name]	40. [Name]
41. [Name]	42. [Name]	43. [Name]	44. [Name]	45. [Name]	46. [Name]	47. [Name]	48. [Name]	49. [Name]	50. [Name]
51. [Name]	52. [Name]	53. [Name]	54. [Name]	55. [Name]	56. [Name]	57. [Name]	58. [Name]	59. [Name]	60. [Name]
61. [Name]	62. [Name]	63. [Name]	64. [Name]	65. [Name]	66. [Name]	67. [Name]	68. [Name]	69. [Name]	70. [Name]
71. [Name]	72. [Name]	73. [Name]	74. [Name]	75. [Name]	76. [Name]	77. [Name]	78. [Name]	79. [Name]	80. [Name]
81. [Name]	82. [Name]	83. [Name]	84. [Name]	85. [Name]	86. [Name]	87. [Name]	88. [Name]	89. [Name]	90. [Name]
91. [Name]	92. [Name]	93. [Name]	94. [Name]	95. [Name]	96. [Name]	97. [Name]	98. [Name]	99. [Name]	100. [Name]







# WARRIOR TERRITORY



## POCAHONTAS COUNTY TRACK RECORDS

### LADY WARRIORS

NAME	TIME	EVENT
Michelle Harrison	1:44.27	LONG JUMP
Christina Harrison	4'10"	HIGH JUMP
Christina Harrison	27'9"	SHOTPUT
Michelle Harrison	132'11"	DISCUS
Christina Harrison	15.08	100 M
Christina Harrison	26.9	200 M
Christina Harrison	55.20	400 M
Christina Harrison	2:01.80	800 M
Christina Harrison	5:23.30	1600 M
Christina Harrison	12:14.24	3200 M
Christina Harrison	18.12	100 YD HURDLES
Christina Harrison	47.58	200 YD HURDLES
Christina Harrison	1:04	4 X 100 M
Christina Harrison	1:04.20	4 X 200 M
Christina Harrison	4:10	4 X 400 M
Christina Harrison	9:12	4 X 800 M
Christina Harrison	19:12	4 X 1600 M

## POCAHONTAS COUNTY TRACK RECORDS

### WARRIORS

NAME	TIME	EVENT
Albert Prosser	22'6"	LONG JUMP
Jeff Puring	6'8"	HIGH JUMP
Steve Cain	49'8"	SHOTPUT
Ryan Brown	152'4"	DISCUS
Johnny Burton	14'8"	POLE VAULT
David Palmer	11.23 sec	100 M
Randy Price	22.6	200 M
Randy Price	49.8	400 M
Randy Price	1:56.2	800 M
Randy Price	4:31.18	1600 M
Alto Rittenhouse	9:45.44	3200 M
Nathan Rittenhouse	15.8	100 YD HURDLES
Charles Brown	39.1	200 YD HURDLES
Charles Brown	1:01.2	4 X 100 M
Charles Brown	1:01.2	4 X 200 M
Charles Brown	3:21.3	4 X 400 M
Charles Brown	9:02	4 X 800 M
Charles Brown	18.4	100 YD HURDLES





# WARRIOR TERRITORY



## POCAHONTAS COUNTY TRACK RECORDS

### MALE

NAME	TIME	EVENT
Wesley Heston	1:49.2	1000 M
Wesley Heston	4:12	4000 M
Wesley Heston	15:19	15000 M
Wesley Heston	47:39	5000 M
Wesley Heston	1:00:11	10000 M
Wesley Heston	1:00:11	10000 M
Wesley Heston	1:00:11	10000 M
Wesley Heston	1:00:11	10000 M
Wesley Heston	1:00:11	10000 M
Wesley Heston	1:00:11	10000 M

## POCAHONTAS COUNTY TRACK RECORDS

### WARRIORS

NAME	TIME	EVENT
Albert Ponder	22.6"	60"
Jeff Fort	49.8"	80"
Dave Cain	1:52.4"	100"
Wesley Heston	1:49.2"	1000 M
Johnny Barton	1:22.8"	1500 M
David Palmer	22.6"	200 M
Randy Fries	49.8"	80"
Randy Fries	1:58.3"	1000 M
Randy Fries	4:21.18"	4000 M
Abel Mittenhouse	8:42.44"	8000 M
Nathan Mittenhouse	15.8"	100 M
Dalton Irvine	28.1"	200 M
Charley McNeal	44.4"	400 M
Wesley Heston, Robert Bailey	1:01.5"	1000 M
Robert Bailey, Wesley Heston	3:21.6"	3000 M
Robert Bailey, Wesley Heston	6:00.0"	6000 M
Robert Bailey, Wesley Heston	12:00.0"	12000 M



THANK YOU FOR YOUR SERVICE











**POCAHONTAS COUNTY**  
**BASKETBALL RECORDS**

YEAR	W	L	PTS	FG	FT	REB	AST	STL	BLK
1990-91	12	10	1,234	15.2	78.5	2,345	123	45	12
1991-92	15	8	1,456	16.8	82.1	2,567	145	52	15
1992-93	18	5	1,678	18.3	85.4	2,789	167	58	18
1993-94	20	3	1,890	19.7	88.9	3,012	189	65	20
1994-95	22	1	2,123	21.2	91.2	3,234	212	72	22

**POCAHONTAS COUNTY**  
**BASKETBALL RECORDS**

YEAR	W	L	PTS	FG	FT	REB	AST	STL	BLK
1995-96	25	0	2,345	22.5	93.5	3,456	234	80	25
1996-97	28	0	2,567	24.1	95.2	3,678	256	85	28
1997-98	30	0	2,789	25.8	96.8	3,890	278	90	30
1998-99	32	0	3,012	27.3	98.1	4,123	301	95	32
1999-00	35	0	3,234	28.9	99.4	4,345	323	100	35

**POCAHONTAS COUNTY**  
**BASKETBALL RECORDS**

YEAR	W	L	PTS	FG	FT	REB	AST	STL	BLK
2000-01	38	0	3,456	30.2	100.0	4,567	345	105	38
2001-02	40	0	3,678	31.8	100.0	4,789	367	110	40
2002-03	42	0	3,890	33.5	100.0	5,012	389	115	42
2003-04	45	0	4,123	35.1	100.0	5,234	412	120	45
2004-05	48	0	4,345	36.8	100.0	5,456	434	125	48

**GO WARRIORS**

HOME	8:00	VISITOR
BONUS	0	0
PERIOD	1	1
FOULS	0	0
PLAYER FOULS	0	0
FOULS	0	0
WON		
MATCH		

RESTAURANT DONATED BY ASTO SALVAGE  
CONFERENCE THE Ryders HALL CITY  
STADIUM 1000 100 100 1000 WICKER SERVICE

THANK YOU



THANK YOU FOR OUR SERVICE



**POCAHONTAS COUNTY**  
**TRACK RECORDS**

EVENT	NAME	TIME
100 Yards	John Doe	1:20.00
200 Yards	John Doe	2:40.00
400 Yards	John Doe	5:10.00
800 Yards	John Doe	10:20.00
1600 Yards	John Doe	20:40.00
3200 Yards	John Doe	41:00.00
6400 Yards	John Doe	82:00.00
12800 Yards	John Doe	164:00.00
25600 Yards	John Doe	328:00.00
51200 Yards	John Doe	656:00.00
102400 Yards	John Doe	1312:00.00
204800 Yards	John Doe	2624:00.00
409600 Yards	John Doe	5248:00.00
819200 Yards	John Doe	10496:00.00
1638400 Yards	John Doe	20992:00.00
3276800 Yards	John Doe	41984:00.00
6553600 Yards	John Doe	83968:00.00
13107200 Yards	John Doe	167936:00.00
26214400 Yards	John Doe	335872:00.00
52428800 Yards	John Doe	671744:00.00
104857600 Yards	John Doe	1343488:00.00
209715200 Yards	John Doe	2686976:00.00
419430400 Yards	John Doe	5373952:00.00
838860800 Yards	John Doe	10747904:00.00
1677721600 Yards	John Doe	21495808:00.00
3355443200 Yards	John Doe	42991616:00.00
6710886400 Yards	John Doe	85983232:00.00
13421772800 Yards	John Doe	171966464:00.00
26843545600 Yards	John Doe	343932928:00.00
53687091200 Yards	John Doe	687865856:00.00
107374182400 Yards	John Doe	1375731712:00.00
214748364800 Yards	John Doe	2751463424:00.00
429496729600 Yards	John Doe	5502926848:00.00
858993459200 Yards	John Doe	11005853696:00.00
1717986918400 Yards	John Doe	22011707392:00.00
3435973836800 Yards	John Doe	44023414784:00.00
6871947673600 Yards	John Doe	88046829568:00.00
13743895347200 Yards	John Doe	176093659136:00.00
27487790694400 Yards	John Doe	352187318272:00.00
54975581388800 Yards	John Doe	704374636544:00.00
109951162777600 Yards	John Doe	1408749273088:00.00
219902325555200 Yards	John Doe	2817498546176:00.00
439804651110400 Yards	John Doe	5634997092352:00.00
879609302220800 Yards	John Doe	11269994184704:00.00
1759218604441600 Yards	John Doe	22539988369408:00.00
3518437208883200 Yards	John Doe	45079976738816:00.00
7036874417766400 Yards	John Doe	90159953477632:00.00
14073748835532800 Yards	John Doe	180319906955264:00.00
28147497671065600 Yards	John Doe	360639813910528:00.00
56294995342131200 Yards	John Doe	721279627821056:00.00
112589990684262400 Yards	John Doe	1442559255642112:00.00
225179981368524800 Yards	John Doe	2885118511284224:00.00
450359962737049600 Yards	John Doe	5770237022568448:00.00
900719925474099200 Yards	John Doe	11540474045136896:00.00
1801439850948198400 Yards	John Doe	23080948090273792:00.00
3602879701896396800 Yards	John Doe	46161896180547584:00.00
7205759403792793600 Yards	John Doe	92323792361095168:00.00
14411518807585587200 Yards	John Doe	184647584722190336:00.00
28823037615171174400 Yards	John Doe	369295169444380672:00.00
57646075230342348800 Yards	John Doe	738590338888761344:00.00
115292150460684697600 Yards	John Doe	1477180677777522688:00.00
230584300921369395200 Yards	John Doe	2954361355555045376:00.00
461168601842738790400 Yards	John Doe	5908722711110090752:00.00
922337203685477580800 Yards	John Doe	11817445422220181504:00.00
1844674407370955161600 Yards	John Doe	23634890844440363008:00.00
3689348814741910323200 Yards	John Doe	47269781688880726016:00.00
7378697629483820646400 Yards	John Doe	94539563377761452032:00.00
14757395258967641292800 Yards	John Doe	189079126755522904064:00.00
29514790517935282585600 Yards	John Doe	378158253511045808128:00.00
59029581035870565171200 Yards	John Doe	756316507022091616256:00.00
118059162071741130342400 Yards	John Doe	1512633014044183232512:00.00
236118324143482260684800 Yards	John Doe	3025266028088366465024:00.00
472236648286964521369600 Yards	John Doe	6050532056176732930048:00.00
944473296573929042739200 Yards	John Doe	12101064112353465860096:00.00
1888946593147858085478400 Yards	John Doe	24202128224706931720192:00.00
3777893186295716170956800 Yards	John Doe	48404256449413863440384:00.00
7555786372591432341913600 Yards	John Doe	96808512898827726880768:00.00
15111572745182864683827200 Yards	John Doe	193617025797655453761536:00.00
30223145490365729367654400 Yards	John Doe	387234051595310907523072:00.00
60446290980731458735308800 Yards	John Doe	774468103190621815046144:00.00
120892581961462917470617600 Yards	John Doe	1548936206381243630092288:00.00
241785163922925834941235200 Yards	John Doe	3097872412762487260184576:00.00
483570327845851669882470400 Yards	John Doe	6195744825524974520369152:00.00
967140655691703339764940800 Yards	John Doe	12391489651049949040738304:00.00
1934281311383406679529881600 Yards	John Doe	24782979302099898081476608:00.00
3868562622766813359059763200 Yards	John Doe	49565958604199796162953216:00.00
7737125245533626718119526400 Yards	John Doe	99131917208399592325906432:00.00
15474250491067253436239052800 Yards	John Doe	198263834416799184651812864:00.00
30948500982134506872478105600 Yards	John Doe	396527668833598369303625728:00.00
61897001964269013744956211200 Yards	John Doe	793055337667196738607251456:00.00
123794003928538027489912422400 Yards	John Doe	1586110675334393477214502912:00.00
247588007857076054979824844800 Yards	John Doe	3172221350668786954429005824:00.00
495176015714152109959649689600 Yards	John Doe	6344442701337573908858011648:00.00
990352031428304219919299379200 Yards	John Doe	12688885402675147817716023296:00.00
1980704062856608439838598758400 Yards	John Doe	25377770805350295635432046592:00.00
3961408125713216879677197516800 Yards	John Doe	50755541610700591270864093184:00.00
7922816251426433759354395033600 Yards	John Doe	101511083221401182541728186368:00.00
15845632502852867518708790067200 Yards	John Doe	203022166442802365083456372736:00.00
31691265005705735037417580134400 Yards	John Doe	406044332885604730166912745472:00.00
63382530011411470074835160268800 Yards	John Doe	812088665771209460333825490944:00.00
126765060022822940149670320537600 Yards	John Doe	1624177331542418920667650981888:00.00
253530120045645880299340641075200 Yards	John Doe	3248354663084837841335301963776:00.00
507060240091291760598681282150400 Yards	John Doe	6496709326169675682670603927552:00.00
1014120480182583521197362564300800 Yards	John Doe	12993418652339351365341207855104:00.00
2028240960365167042394725128601600 Yards	John Doe	25986837304678702730682415710208:00.00
4056481920730334084789450257203200 Yards	John Doe	51973674609357405461364831420416:00.00
8112963841460668169578900514406400 Yards	John Doe	103947349218714810922729662840832:00.00
16225927682921336339157801028812800 Yards	John Doe	207894698437429621845459325681664:00.00
32451855365842672678315602057625600 Yards	John Doe	415789396874859243690918651363328:00.00
64903710731685345356631204115251200 Yards	John Doe	831578793749718487381837302726656:00.00
129807421463370690713262408230502400 Yards	John Doe	1663157587499436974763674605453312:00.00
259614842926741381426524816461004800 Yards	John Doe	3326315174998873949527349210906624:00.00
519229685853482762853049632922009600 Yards	John Doe	6652630349997747899054698421813248:00.00
1038459371706965525706099265844019200 Yards	John Doe	13305260699995495798109396843626496:00.00
2076918743413931051412198531688038400 Yards	John Doe	26610521399990991596218793687252992:00.00
4153837486827862102824397063376076800 Yards	John Doe	53221042799981983192437587374505984:00.00
8307674973655724205648794126752153600 Yards	John Doe	106442085599963966384875174749011968:00.00
16615349947311448411297588253504307200 Yards	John Doe	212884171199927932769750349498023936:00.00
33230699894622896822595176507008614400 Yards	John Doe	425768342399855865539500698996047872:00.00
66461399789245793645190353014017228800 Yards	John Doe	851536684799711731079001397992095744:00.00
132922799578491587290380706028034457600 Yards	John Doe	1703073369599423462158002795984191488:00.00
265845599156983174580761412056068915200 Yards	John Doe	3406146739198846924316005591968382976:00.00
531691198313966349161522824112137830400 Yards	John Doe	6812293478397693848632011183936765952:00.00
1063382396627932698323045648224275660800 Yards	John Doe	13624586956795387697264022367873531904:00.00
2126764793255865396646091296448551321600 Yards	John Doe	27249173913590775394528044735747063808:00.00
4253529586511730793292182592897102643200 Yards	John Doe	544983478271815



**GO WARRIORS**

HOME	8:00	VISITOR
BONUS	PERIOD 1	BONUS
FOULS	PLAYER FOULS	FOULS
WON	MATCH	WON

RESTAURANT DONATED BY AUTO SALVAGE  
 COMMERCIAL THE Ryders NEW & USED PARTS  
 STAYS 100 TO 1000 BUYER WHOLESALE SERVICE



**THANK YOU**



**THANK YOU FOR YOUR SERVICE**

**POCAHONTAS COUNTY TRACK RECORDS**  
**LADY WARRIORS**

EVENT	NAME	TIME
100 Yards	14.5	14.5
200 Yards	31.2	31.2
400 Yards	1:07.1	1:07.1
800 Yards	2:07.1	2:07.1
1600 Yards	4:14.2	4:14.2
3200 Yards	8:28.4	8:28.4
6400 Yards	16:56.8	16:56.8
12800 Yards	33:53.6	33:53.6
25600 Yards	67:47.2	67:47.2
51200 Yards	135:34.4	135:34.4
102400 Yards	270:68.8	270:68.8
204800 Yards	541:37.6	541:37.6
409600 Yards	1082:75.2	1082:75.2
819200 Yards	2165:50.4	2165:50.4
1638400 Yards	4331:00.8	4331:00.8
3276800 Yards	8662:01.6	8662:01.6
6553600 Yards	17324:03.2	17324:03.2
13107200 Yards	34648:06.4	34648:06.4
26214400 Yards	69296:12.8	69296:12.8
52428800 Yards	138592:25.6	138592:25.6
104857600 Yards	277184:51.2	277184:51.2
209715200 Yards	554369:02.4	554369:02.4
419430400 Yards	1108738:04.8	1108738:04.8
838860800 Yards	2217476:09.6	2217476:09.6
1677721600 Yards	4434952:19.2	4434952:19.2
3355443200 Yards	8869904:38.4	8869904:38.4
6710886400 Yards	17739808:76.8	17739808:76.8
13421772800 Yards	35479617:53.6	35479617:53.6
26843545600 Yards	70959235:07.2	70959235:07.2
53687091200 Yards	141918470:14.4	141918470:14.4
107374182400 Yards	283836940:28.8	283836940:28.8
214748364800 Yards	567673880:57.6	567673880:57.6
429496729600 Yards	1135347761:15.2	1135347761:15.2
858993459200 Yards	2270695522:30.4	2270695522:30.4
1717986918400 Yards	4541391044:60.8	4541391044:60.8
3435973836800 Yards	9082782089:21.6	9082782089:21.6
6871947673600 Yards	18165564178:43.2	18165564178:43.2
13743895347200 Yards	36331128357:26.4	36331128357:26.4
27487790694400 Yards	72662256714:52.8	72662256714:52.8
54975581388800 Yards	145324513429:05.6	145324513429:05.6
109951162777600 Yards	290649026858:11.2	290649026858:11.2
219902325555200 Yards	581298053716:22.4	581298053716:22.4
439804651110400 Yards	1162596107432:44.8	1162596107432:44.8
879609302220800 Yards	2325192214864:89.6	2325192214864:89.6
1759218604441600 Yards	4650384429729:79.2	4650384429729:79.2
3518437208883200 Yards	9300768859459:58.4	9300768859459:58.4
7036874417766400 Yards	18601537718919:16.8	18601537718919:16.8
14073748835532800 Yards	37203075437838:33.6	37203075437838:33.6
28147497671065600 Yards	74406150875676:67.2	74406150875676:67.2
56294995342131200 Yards	148812301751353:34.4	148812301751353:34.4
112589990684262400 Yards	297624603502706:68.8	297624603502706:68.8
225179981368524800 Yards	595249207005413:37.6	595249207005413:37.6
450359962737049600 Yards	1190498414010826:75.2	1190498414010826:75.2
900719925474099200 Yards	2380996828021653:50.4	2380996828021653:50.4
1801439850948198400 Yards	4761993656043307:00.8	4761993656043307:00.8
3602879701896396800 Yards	9523987312086614:01.6	9523987312086614:01.6
7205759403792793600 Yards	19047974624173228:03.2	19047974624173228:03.2
14411518807585587200 Yards	38095949248346456:06.4	38095949248346456:06.4
28823037615171174400 Yards	76191898496692912:12.8	76191898496692912:12.8
57646075230342348800 Yards	152383796993385824:25.6	152383796993385824:25.6
115292150460684697600 Yards	304767593986771648:51.2	304767593986771648:51.2
230584300921369395200 Yards	609535187973543296:02.4	609535187973543296:02.4
461168601842738790400 Yards	1219070375947086592:04.8	1219070375947086592:04.8
922337203685477580800 Yards	2438140751894173184:09.6	2438140751894173184:09.6
1844674407370955161600 Yards	4876281503788346368:19.2	4876281503788346368:19.2
3689348814741910323200 Yards	9752563007576692736:38.4	9752563007576692736:38.4
7378697629483820646400 Yards	19505126015153385472:76.8	19505126015153385472:76.8
14757395258967641292800 Yards	39010252030306770945:53.6	39010252030306770945:53.6
29514790517935282585600 Yards	78020504060613541891:07.2	78020504060613541891:07.2
59029581035870565171200 Yards	156041008121227083782:14.4	156041008121227083782:14.4
118059162071741130342400 Yards	312082016242454167564:28.8	312082016242454167564:28.8
236118324143482260684800 Yards	624164032484908335128:57.6	624164032484908335128:57.6
472236648286964521369600 Yards	1248328064969816670257:15.2	1248328064969816670257:15.2
944473296573929042739200 Yards	2496656129939633340514:30.4	2496656129939633340514:30.4
1888946593147858085478400 Yards	4993312259879266681028:00.8	4993312259879266681028:00.8
3777893186295716170956800 Yards	9986624519758533362056:01.6	9986624519758533362056:01.6
7555786372591432341913600 Yards	19973249039517066724112:03.2	19973249039517066724112:03.2
15111572745182864683827200 Yards	39946498079034133448224:06.4	39946498079034133448224:06.4
30223145490365729367654400 Yards	79892996158068266896448:12.8	79892996158068266896448:12.8
60446290980731458735308800 Yards	159785992316136533792896:25.6	159785992316136533792896:25.6
120892581961462917470617600 Yards	319571984632273067585792:51.2	319571984632273067585792:51.2
241785163922925834941235200 Yards	639143969264546135171584:02.4	639143969264546135171584:02.4
483570327845851669882470400 Yards	1278287938529092270343168:04.8	1278287938529092270343168:04.8
967140655691703339764940800 Yards	2556575877058184540686336:09.6	2556575877058184540686336:09.6
1934281311383406679529881600 Yards	5113151754116369081372672:19.2	5113151754116369081372672:19.2
3868562622766813359059763200 Yards	10226303508232738162745344:38.4	10226303508232738162745344:38.4
7737125245533626718119526400 Yards	20452607016465476325490688:76.8	20452607016465476325490688:76.8
15474250491067253436239052800 Yards	40905214032930952650981376:15.2	40905214032930952650981376:15.2
30948500982134506872478105600 Yards	81810428065861905301962752:30.4	81810428065861905301962752:30.4
61897001964269013744956211200 Yards	163620856131723810603925504:00.8	163620856131723810603925504:00.8
123794003928538027489912422400 Yards	327241712263447621207851008:01.6	327241712263447621207851008:01.6
247588007857076054979824844800 Yards	654483424526895242415702016:03.2	654483424526895242415702016:03.2
495176015714152109959649689600 Yards	1308966849053790484831404032:06.4	1308966849053790484831404032:06.4
990352031428304219919299379200 Yards	2617933698107580969662808064:12.8	2617933698107580969662808064:12.8
1980704062856608439838598758400 Yards	5235867396215161939325616128:25.6	5235867396215161939325616128:25.6
3961408125713216879677197516800 Yards	10471734792430323878651232256:51.2	10471734792430323878651232256:51.2
7922816251426433759354395033600 Yards	20943469584860647757302464512:02.4	20943469584860647757302464512:02.4
15845632502852867518708790067200 Yards	41886939169721295514604929024:04.8	41886939169721295514604929024:04.8
31691265005705735037417580134400 Yards	83773878339442591029209858048:09.6	83773878339442591029209858048:09.6
63382530011411470074835160268800 Yards	167547756678885182058419716096:19.2	167547756678885182058419716096:19.2
126765060022822940149670320537600 Yards	335095513357770364116839432192:38.4	335095513357770364116839432192:38.4
253530120045645880299340641075200 Yards	670191026715540728233678864384:76.8	670191026715540728233678864384:76.8
507060240091291760598681282150400 Yards	1340382053431081456467357728768:15.2	1340382053431081456467357728768:15.2
1014120480182583521197362564300800 Yards	2680764106862162912934715457536:30.4	2680764106862162912934715457536:30.4
2028240960365167042394725128601600 Yards	5361528213724325825869430915072:00.8	5361528213724325825869430915072:00.8
4056481920730334084789450257203200 Yards	10723056427448651651739861830144:01.6	10723056427448651651739861830144:01.6
8112963841460668169578900514406400 Yards	21446112854897303303479723660288:03.2	21446112854897303303479723660288:03.2
16225927682921336339177801028812800 Yards	42892225709794606606959447320576:06.4	42892225709794606606959447320576:06.4
32451855365842672678355602057625600 Yards	85784451419589213213919894640152:12.8	85784451419589213213919894640152:12.8
6490371073168534535671120411532800 Yards	171568902839178426427839789280304:25.6	171568902839178426427839789280304:25.6
12980742146337069071342240823065600 Yards	343137805678356852855679578560608:51.2	343137805678356852855679578560608:51.2
25961484292674138142684481646131200 Yards	686275611356713705711359157121216:02.4	686275611356713705711359157121216:02.4
51922968585348276285368963292262400 Yards	1372551222713427411422618314242432:04.8	1372551222713427411422618314242432:04.8
103845937170696552570737926584524800 Yards	2745102445426854822845236628484464:09.6	2745102445426854822845236628484464:09.6
207691874341393105141475853169049600 Yards	5490204890853709645690473256968928:19.2	5490204890853709645690473256968928:19.2
415383748682786210282951706338099200 Yards	10980409781707419291380145813937856:38.4	10980409781707419291380145813937856:38.4
830767497365572420565903412676198400 Yards	21960819563414838582760291627875712:76.8	21960819563414838582760291627875712:76.8
1661534994731144841131806825352396800 Yards	43921639126829677165520583255751424:15.2	43921639126829677165520583255751424:15.2
3323069989462289682263613650704793600 Yards	87843278253659354331041166511502848:30.4	87843278253659354331041166511502848:30.4
6646139978924579364527227301409587200 Yards	17568655650731870866208232102305696:00.8	17568655650731870866208232102305696:00.8
1329227995784915872905445460281916800 Yards	35137311301463741732416464204611392:01.6	35137311301463741732416464204611392:01.6
2658455991569831745810890920563833600 Yards	70274622602927483464832928409222784:03.2	70274622602927483464832928409222784:03.2
5316911983139663491621781841127667200 Yards	140549245205854966929665856818445568:06.4	140549245205854966929665856818445568:06.4
106338239662793269832435636822553142400 Yards	281098490411709933859331713636891136:12.8	281098490411709933859331713636891136:12.8
212676479325586539664871273645106284800 Yards	562196980823419867718663427273782272:25.6	562196





SOPHOMORES







# WARR OR TERRITORY

POCAHONTAS COUNTY TRACK RECORDS	
100 YARDS	
Men's Freshman	52.74     Galt, Scott
Men's J.V.	51.47     Galt, Scott
Men's State	48.72     Galt, Scott
Women Freshman	1:04.47     Galt, Scott
Women J.V.	1:02.47     Galt, Scott
Women State	1:02.47     Galt, Scott
Men's 100 Yards	55.26     Galt, Scott
Women 100 Yards	1:05.23     Galt, Scott
Men's 200 Yards	1:08.23     Galt, Scott
Women 200 Yards	2:10.23     Galt, Scott
Men's 400 Yards	2:20.23     Galt, Scott
Women 400 Yards	5:40.23     Galt, Scott
Men's 800 Yards	5:50.23     Galt, Scott
Women 800 Yards	11:50.23     Galt, Scott
Men's 1600 Yards	12:50.23     Galt, Scott
Women 1600 Yards	25:50.23     Galt, Scott
Men's 3200 Yards	26:50.23     Galt, Scott
Women 3200 Yards	53:50.23     Galt, Scott
Men's 6400 Yards	54:50.23     Galt, Scott
Women 6400 Yards	1:09:50.23     Galt, Scott
Men's 12800 Yards	1:10:50.23     Galt, Scott
Women 12800 Yards	2:20:50.23     Galt, Scott



# **Pocahontas Warriors Boys Basketball**

## **Honor Our Hometown Heroes**

Wednesday, February 12th at PCHS

JV-5:45    Varsity-7:00

### **Military - Veterans - EMT - Paramedics**

### **Fire & Rescue - Law Enforcement**

Warriors will be sponsoring basket raffles and shirt sales to benefit our Hometown Heroes

**Heroes get in FREE**

**POCAHONTAS WARRIORS**



**HOMETOWN**  
*Heroes*

**POCAHONTAS WARRIORS**

**HOMETOWN**

**HOOPS**

**FOR  
HEROES**





# POCAHONTAS WARRIORS



# HOMETOWN

## *Heroes*



POCAHONTAS WARRIORS



HOMETOWN

*Heroes*















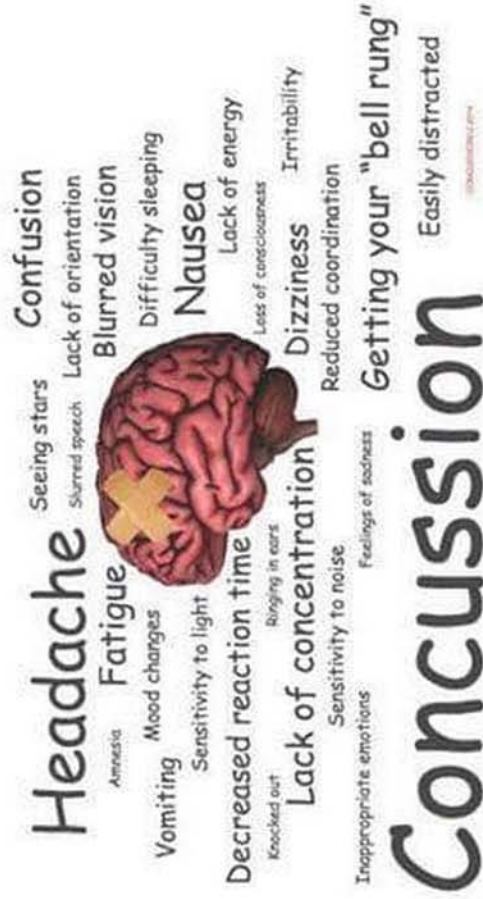
Up to 35 miles (Osmund 3.4 [1986] b)  
Up to 30 miles (Osmund 3.13 [1986] b)  
Up to 35 miles (Osmund 14.48 [1986])

What you need to know about



Anyone can fall victim to head trauma. It is not just for those that play sports, older adults may actually have a higher risk of serious complications from a concussion.

## Do you know the symptoms?



The Seneca Woodlands Woman's Club invites you to

the Green Bank Library, Monday, February 10, 2020, at 6:00 pm to  
learn about concussions and their symptoms.

Janet Ghigo presents facts about what concussions are and what to do next if you suspect you or a loved one may have head trauma. Janet has over twenty years of experience with the BFD Fire and Rescue ambulance services and twenty years with the West Virginia Public Service Training as an EMT instructor.

For more information about the Seneca Woodlands Women's Club and this program, please contact Madge Vosteen at [mhvosteen@gmail.com](mailto:mhvosteen@gmail.com) or call 304.456.5459.



# 2020 West Virginia Forensic Science Summer Camp



**What:** The Next Generation Forensic Science Initiative in collaboration with the Department of Forensic and Investigative Science at West Virginia University will be hosting its annual forensic science summer camp for high school students (9th–12th grade).

The goal of this program is to bring the crime lab to the classroom. Through hands-on, experiential learning, participants will acquire the practical knowledge and skills that forensic scientists utilize in their day-to-day casework. At the conclusion of the week, participants will apply what they have learned to mock crime scenes at the Crime Scene Training Complex.

Sessions will include the following topics and activities:

- Criminal Justice
- Latent Fingerprints
- Firearm Evidence Examination
- Footwear Impression Evidence
- Forensic Biology
- Forensic Chemistry
- Bloodstain Pattern Analysis
- Crime Scene Investigation
- Forensic Photography
- Mock Crime Scenes

**When:** The camp will be held June 15 - 19, 2020

**Where:** The first 3 days of camp will be held at Oglebay Hall on the downtown campus. The last 2 days of camp will be held at the Crime Scene Training Complex on the Evansdale Campus, Morgantown, WV

**Time:** Camp will begin each day at 9:00 AM and conclude at 4:00 PM each day.

**Cost:**

**Option 1: Day Camp—\$399.00 per person.** Includes lunch each day, a T-shirt and a certificate of attendance.

**Option 2: Overnight Camp—\$949.00 per person.** Includes transportation to and from the airport, 6 nights supervised lodging, evening activities, meals (breakfast, lunch and dinner), a T-shirt and certificate of attendance. Check-in will be held on June 14th. **This does not include airfare or any other transportation costs other than what has been described.**

**Registration:** Registration will be on a first come, first serve basis. The camp will be limited to 50 students.

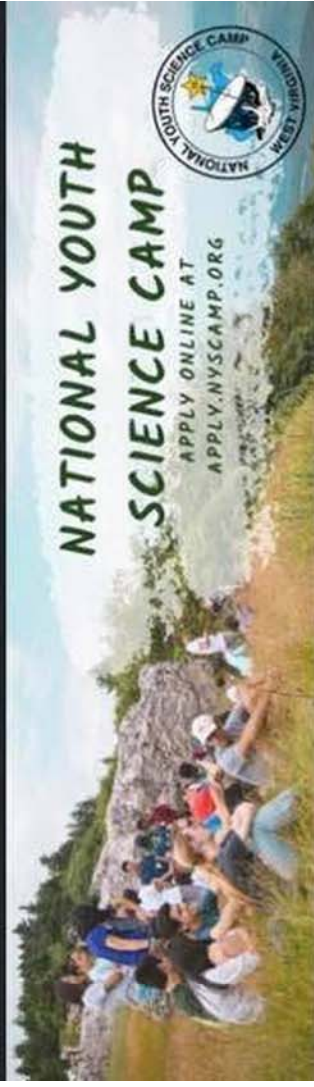
To register, go to <https://nexgenforensics.wvu.edu/courses/science-camp>. You will be directed to our payment system after completing the initial registration.



**POCAHONTAS COUNTY SCHOOLS**  
**February Breakfast and Lunch Menu 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>3</u> Scrambled eggs w/Wheat toast Yogurt Fruit</p> <p>Chicken Patty w/Wheat Bun Lettuce/Tomato/Onion Candied Sweet Potatoes Corn Apples w/Soy Nut Butter</p>	<p><u>4</u> Breakfast Pizza Yogurt Fruit</p> <p>Sausage Biscuit w/Gravy Hash Brown Peas Homemade Cookie Peaches</p>	<p><u>5</u> Omelet Wrap w/Colby Cheese Cereal Fruit</p> <p>Pigs in a Blanket Green Beans French Fries Coleslaw Fruit</p>	<p><u>6</u> Whole Grain Toasted Bagel Yogurt Fruit</p> <p>Chicken Pot Pie Broccoli Carrot Stix Fruit</p>	<p><u>7</u> Pancakes Yogurt Fruit</p> <p>Beef Nachos w/Tortilla Rounds Sour Cream/Salsa Romaine Salad Refried Beans Fruit</p>
<p><u>10</u> Breakfast Burrito Cereal Fruit</p> <p>Cheeseburger Lettuce/Tomato/Onion Sweet Potato Fries Baked Beans Corn Fruit</p>	<p><u>11</u> Homemade Cinnamon Roll Yogurt Fruit</p> <p>Orange Chicken Brown Rice Pilaf Stir Fry Vegetables Homemade Roll Fruit</p>	<p><u>12</u> Blueberry Muffin Cereal Fruit</p> <p>Tomato Soup Grill Cheese Sandwich Steamed Broccoli Peaches Apple Crisp</p>	<p><u>13</u> Sausage Biscuit Cereal Fruit</p> <p>Lasagna Romaine Salad w/Tomatoes Green Beans Garlic Bread Fresh Cut Fruit</p>	<p><u>14</u> Strudel Yogurt Fruit</p> <p>Philly Steak Hogie Sliced Carrots w/Ranch French Fries Fresh Cut Fruit</p>
<p><u>17</u> Egg &amp; Cheese Omelet Wrap Cereal Fruit</p> <p>Meatball Sub Sweet Potato Fingerlinks Mixed Vegetables Ice Cream Fruit</p>	<p><u>18</u> Zucchini Bread Cereal Fruit</p> <p>Breaded Pork Patty w/Wheat Bun Lettuce/Tomato Great Northern Beans California Medley Fruit</p>	<p><u>19</u> Professional Learning Day No School for Students</p>	<p><u>20</u> Pretzel w/Cheese Cereal Fruit</p> <p>Chicken Tenders w/Creaser Romaine Salad w/Tomatoes/CROUTONS Corn Mixed Fruit Homemade Roll</p>	<p><u>21</u> French Toast Sticks Yogurt Fruit</p> <p>Pizza Broccoli Salad Oven French Fries Carrot Stix w/Ranch Fruit</p>
<p><u>24</u> Smoothie/Yogurt Parfait Cereal Fruit</p> <p>Popcorn Chicken Mashed Potatoes Green Beans Homemade Roll Fruit</p>	<p><u>25</u> Sausage Biscuit Yogurt Fruit</p> <p>Fish Sticks Scallop Potatoes Carrot Stix Roll Juice Sidekick</p>	<p><u>26</u> Cereal Bar Yogurt Fruit</p> <p>Beef Macaroni &amp; Cheese Steamed Broccoli Celery &amp; Soy Nut Butter Homemade Roll Fruit</p>	<p><u>27</u> Sausage Pancake on Stick Yogurt Fruit</p> <p>Chicken Nuggets Peas Corn Applesauce Homemade Roll</p>	<p><u>28</u> Homemade Cinnamon Roll Cereal Fruit</p> <p>Turkey &amp; Cheese Hogie 5 Way Vegetables Baked Beans Fruit</p>





# NATIONAL YOUTH SCIENCE CAMP

APPLY ONLINE AT  
APPLY.NYSCAMP.ORG



## IMPORTANT DATES

1 November 2019  
Application Open\*

28 February 2020  
Application Due\*

22 June 2020  
Start of NYSCamp

15 July 2020  
End of NYSCamp

## CONTACT

 NYSF  
 PO Box 3387  
 Charleston, WV 25333  
 office@nysf.com  
 +1 304 205 9724  
 @NYSCenter  
 @WVNYSCamp  
 www.nyscamp.org

\*FL, CA, and MA do not use online application. See apply.nyscamp.org for application process in these states.

## OVERVIEW

Established 1963 in West Virginia, the National Youth Science Camp (NYSCamp) is a free residential honors program for two accomplished high school graduates from each state in the USA, plus Washington, DC, Argentina, Bolivia, Brazil, Chile, Costa Rica, Ecuador, Mexico, and Trinidad and Tobago. NYSCamp's curriculum includes a broad range of science, technology, engineering, and mathematics (STEM) topics that incorporates both creative and performing arts as well as an outdoor adventure series with opportunities for mountain biking, spelunking, kayaking, and overnight backpacking. The delegation also travels to Washington, DC where they can meet congressional members, tour museums, and attend a panel discussion held at the American Association for the Advancement of Science. More information can be found at [nyscamp.org](http://nyscamp.org).

## HIGHLIGHTS

- Daily lectures and seminars with leading scientists
- Directed studies alongside visiting and resident STEM professionals
- Dedicated natural sciences, physical science, computer science, creative arts, performing arts, and outdoor recreation program areas
- Delegates attend **free of charge** - housing, meals, and transportation included!

## ELIGIBILITY

- Graduates from high school between 1 July 2019 and 30 June 2020
- Documented superior academic proficiency
- Recognition for notable achievements in STEM program areas
- Skills and achievements outside of STEM and/or academics
- Intent to pursue higher education and a career in STEM
- Availability to participate in entire NYSCamp program
- Submit an application at [apply.nyscamp.org](http://apply.nyscamp.org) on/before deadline
- International applicants please see [apply.nyscamp.org](http://apply.nyscamp.org) for more requirements

MORE INFORMATION AT [APPLY.NYSCAMP.ORG](http://APPLY.NYSCAMP.ORG)



SIMULATED ~~WORK~~ PLACE

PCHS  
TRIBE OF ONE

WARRIOR PRIDE







OUR  
LITTLE  
LOVE  
BUGS















**ERON**

**#STOPLIQUIDLIES**

RAZE

RAZE

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RAZE

RAZE

RELAX,  
I USE  
NICOTINE-FREE  
E-JUICE.



**TRUE**

#STOPLIQUIDLIES

3365-3M11G3IN

**"CHILL, IT'S JUST WATER VAPOR AND**















POCAHONTAS WARRIORS



HOMETOWN  
*Heroes*